

GENDER-AFFIRMING SURGERY IS ASSOCIATED WITH IMPROVED PATIENT REPORTED OUTCOMES

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INTRODUCTION

Limited literature used validated instruments to evaluate patient-reported outcomes (PROs) for transgender and gender diverse individuals (TGD) undergoing gender-affirming surgeries (GAS).

Goal: Evaluate PROs using Vanderbilt Mini PRO Measures-Gender (VMP-G).

METHODS

- Four scales: **quality of life**, **self-concept**, **satisfaction**, and **gender dysphoria**.
- Scores range from 20 to 100
- Data were collected at pre-operative or post-operative clinic visits.
- Outcomes were compared in different **racess/ethnicities**, **gender identities**, **age**, **types of GAS**, and **time**.

RESULTS

- 199 patients. Average age 31.8 (SD ±11.5). 53% post-operative GAS
- Post-operative patients scored **higher** on all scales (p<0.001).
- Improved** PROs in White, Non-White, Binary and Non-Binary and patients under age 21 (p<0.05).
- Top versus bottom surgery: no PROs differences (p=0.2).
- Low** rate of regret (2.8%).
- VMP-G scores were **sustained** one year after GAS.

CONCLUSION

- GAS significantly improves PROs
- Different degrees of improvements in subgroups of TGD population
- Clinicians should approach subgroups of TGD patients with different strategies.

Table 1: Average VMP-G scores in each question and scale (±SD)

VMP-G instrument	Pre-operative (n=92)	Post-operative (n=107)	p value
Overall VMP-G score	63.3 (±10.1)	75.6 (±9.2)	<0.001
Quality of Life (physical and psychosocial):	63.3 (±10.1)	71.6 (±9.2)	<0.001
How would you rate your overall quality of life?	3.7 (±0.9)	4.3 (±0.6)	<0.001
How would you rate your physical function (e.g., mobility, strength, bladder, bowel, etc.)?	4.3 (±0.8)	4.3 (±0.8)	0.93
How often do you experience negative feelings about yourself?	2.8 (±1.0)	3.5 (±0.8)	<0.001
How often are you misgendered?	2.9 (±1.2)	3.6 (±1.1)	<0.001
How safe do you feel in your daily life?	3.5 (±0.9)	4.1 (±0.7)	<0.001
How comfortable are you in public settings?	2.8 (±1.1)	3.8 (±0.9)	<0.001
Self-Concept:	4.4 (±1.8)	7.2 (±1.8)	<0.001
I accept my physical appearance.	2.3 (±1.1)	3.7 (±0.9)	<0.001
I feel my body aligns with my gender identity.	2.0 (±1.0)	3.5 (±1.1)	<0.001
Satisfaction:	18.0 (±3.1)	20.5 (±4.2)	<0.001
Your overall health?	3.8 (±0.8)	4.1 (±0.8)	0.038
Your personal life?	3.5 (±1.0)	4.0 (±0.9)	<0.001
Your professional life?	3.5 (±1.0)	3.7 (±1.0)	0.085
Your sex life?	3.0 (±1.2)	3.3 (±1.2)	0.15
The care you receive from your healthcare providers?	4.2 (±0.9)	4.5 (±0.8)	0.002
Gender Dysphoria:	16.2 (±4.2)	20.5 (±4.2)	<0.001
Face/neck	3.2 (±1.2)	3.5 (±1.2)	0.09
Chest	2.1 (±1.2)	3.6 (±1.2)	<0.001
Genitals	2.7 (±1.2)	3.4 (±1.3)	<0.001
Hips/buttocks	3.1 (±1.4)	3.4 (±1.2)	0.08
Voice	2.9 (±1.3)	3.2 (±1.2)	0.075
How often do feeling of gender dysphoria disrupt daily life?	2.3 (±0.8)	3.4 (±0.9)	<0.001
Regret:			
Based on my current knowledge and experiences, I would receive GAS	4.7 (±0.9)	4.6 (±0.8)	0.5

Figure 1: Linear regression for VMP-G scores

- Pre-operative (reference)
- Post-operative patients

